



Weight loss isn't one-size-fits-all

Meet Wondr, the weight-loss program that fits you.

Wondr is a skills-based digital weight-loss program that teaches you the skills to:

- ✓ Lose weight
- ✓ Increase your energy
- ✓ Improve your sleep

and be your healthiest self—while eating the foods you love. Our program is based on behavioral science and takes a personalized approach that fits into your life—at no cost to you.*



Get started today at wondrhealth.com/BCBSTX



Science-backed video lessons

Every week, experts in diet, exercise, sleep, stress, and more, will teach you behavior-change skills to feel better and live stronger, for life.



Exclusive rewards

Celebrate progress toward your health goals with rewards like exclusive recipes and meal plans to help keep you accountable along the way.



Content tailored to YOU

Based on your health profile, we serve up relevant, bite-sized content from our library, that addresses your unique challenges and goals.



A supportive community

WondrLink is our online community, where our coaches are ready to support and encourage you every step of the way. Plus, you can share and gain tips and tricks from participants like you.

*Employees, spouses and covered dependents age 18 and over enrolled in the BCBSTX medical plan are eligible to apply to the program.



Wondr works wonders

It's not a diet, it's lasting change. The benefits go beyond the scale.

Proven participant results

88% feel more in control of their weight

68% increased their physical activity

65% lowered their risk of type 2 diabetes

65% feel more confident

62% feel more energetic

61% feel less stress

10lbs+ average weight loss in the first 9 weeks

Join the 1 million+ people like you who've improved their overall well-being with Wondr.

"As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. Wondr gave me the knowledge of what it takes to change my life. It's why we eat, how we eat, not just what we eat."

Gail M. WONDRA PARTICIPANT

LOST **70lbs** | GAINED **Confidence**

For more information, visit:

wondrhealth.com/BCBSTX